## Friendship Heights Village Center



# Calendar of Events 2019

U R **MONDAY TUESDAY WEDNESDAY THURSDAY SATURDAY SUNDAY FRIDAY** 8:15 a.m.: Walking Club 2 – 3:30 p.m.: 9:30 a.m.: Tai Chi Ongo-9:15 a.m.: Drop–In Tai Chi 8:15 a.m.: Walking Club New Year's Day Open 11 a.m.: Still Life and 10:30 a.m.: Coffee and 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photog-10:15 a.m.: Yiddish House Beyond Current Events 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Mamma Reminder: The AARP Safe 10:30 a.m.: Balance, Shuttle runs 1:30 to 4 p.m. 12 p.m.: Chess Movement and raphy Driver Class, originally Memory scheduled for November, will Mia: Here We Go 1 p.m.: Abstract Painting take place Jan. 17, from 10 a.m. to 3 p.m. 8:15 a.m.:Walking Club 8:15 a.m.: Walking Club
10 a.m.: Village Playtime: 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Ongo-8:15 a.m.: Walking Club 9:15 a.m.: Drop– In Tai 9:30 a.m.: Tai Chi Intro. 9:30 a.m.–1 p.m.: Coffee and Sunday Papers ing 10:15 a.m.: Yiddish 9:30 a.m.:Children's Pho-Chi 10:30 a.m.: Coffee and 9:15 a.m.: Depart for 10 a.m.: Great Books tography 10 :30 a.m.: Basic Photog-Multi-Generational Sing-Along 12–4 p.m.: Blood Pressure Bible Museum 11 a.m.: Still Life and 12:30 p.m.: Bridge Club Current Events 11 a.m.: All in the Eyes 1 p.m.: Strength Training 7 p.m.: Book Signing 11 a.m.: Chair Exercise 10:30 a.m.: Balance, raphy Beyond 12 p.m.: Chess 1 p.m.: Suburban Lec-Screening
1 p.m.: Balance and Fall 10:30: Chair Yoga Movement and with Stuart Eizenstat 4–5:30 p.m.: Spanish Memory ture: Shingles Prevention Conversation 1 p.m.: Abstract Painting 5:30 p.m.: Community 1:30-3:30 p.m.: Painting for 7 p.m.: Movie: Heredi-**Advisory Committee** Evervone 7 p.m.: Concert: Robert 2-4 p.m.: Nurse Specialist Statham 3–4 p.m.: Speech Therapy 3–4 p.m: Tea 6:30 p.m.: Mat Pilates 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 9:30 a.m.: Tai Chi Ongo-8:15 a.m.: Walking Club 9:15 a.m.: Drop– In Tai 8:15 a.m.: Walking Club 9:30 a.m.: Children's 10 a.m.-2 p.m.: Village 10:30 a.m.: Chair Yoga ing 10 a.m.: Great Books 10:30 a.m.: Coffee and Playtime 10:15 a.m.: Yiddish 10 a.m.-3 p.m.: AARP Photography 10 :30 a.m.: Basic Photog-1 p.m.: Strength Training 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Safe Driver 11 a.m.: Still Life and Current Events 10:30 a.m.: Balance, 11:30 a.m.- 1:30 p.m.: Art 7:30 p.m.: FRIENDSHIP 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise Reception HEIGHTS VILLAGE raphy Screening
1 p.m.: Balance and Fall Beyond 4–5:30 p.m.: Spanish Movement and **COUNCIL MEETING** 12 p.m.: Chess Memory 1 p.m.: Abstract Painting Prevention Conversation 1:30-3:30 p.m.: Painting for 7 p.m.: Movie: Molly's Everyone 2–4 p.m.: Nurse Specialist 3-4 p.m.: Musical Tea with Mark Hanak 6:30 p.m.: Mat Pilates 9:30 a.m.-1 p.m.: Coffee 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 9:30 a.m.: Tai Chi Ongo-9:15 a.m.: Drop- In Tai 8:15 a.m.: Walking Club and Sunday Papers 10 a.m.: Great Books 10:30 a.m.: Chair Yoga ing 10:15 a.m.: Yiddish 10 a.m.: Charles Schwartz 11 a.m.: Still Life and Music with Marsha 10:30 a.m.: Coffee and Current Events Talk on Glaucoma Beyond 4–5:30 p.m.: Spanish Martin Luther King, Jr. Goodman-Wood 11 a.m.: All in the Eyes 9:30 a.m.: Children's 11 a.m.: Chair Exercise Day 12-4 p.m.: Blood Pressure 10:30 a.m.: Balance, Photography Center open 12 p.m.: Chess 5:30 p.m.: Program Advi-Conversation Screening Movement and 10:30 a.m.: Basic Photog-7 p.m.: Movie: Eighth 1 p.m.: Balance and Fall 9 a.m to 2 p.m. raphy 11:30 a.m.–1:30 p.m.: Free Prevention 1:30–3:30 p.m.: Painting for sory Committee Grade 1 p.m.: Abstract Painting 7 p.m.: Concert: Seri-Shuttle runs on weekend 4:30 p.m.: Frozen STEM Glaucoma Screening Everyone ously Fun Singers event 2 –4 p.m.: Nurse Specialist 5:30 p.m. Children's 3–4 p.m: Tea "Frozen" movie and 6:30 p.m.: Mat Pilates Please donate your old 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Ongo-9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club 9:30 a.m–1 p.m.: Coffee and Sunday Papers 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and 10 a.m.: Great Books 10 a.m.-12 p.m.: Village eyeglasses 10 a.m. – 2 p.m.: MVA Playtime 12–4 p.m.: Blood Pressure 10:15 a.m.: Yiddish Mobile Office 11 a.m.: All in the Eyes Beyond Screening 1 p.m.: Balance and Fall 4–5:30 p.m.: Spanish Each month, the Leisure World Lions 12:30 p.m.: Bridge Club 11 a.m.: Chair Exercise

12 p.m.: Chess

1:30-3:30 p.m.: Painting for

Everyone 2–4 p.m.: Nurse Specialist 3 –4 p.m: Tea

6:30 p.m.: Mat Pilates

l p.m.: Tackling Clutter

7 p.m.: Concert: Ginny

#### **Shuttle bus hours**



1 p.m.: Strength Training

Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

#### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

### Thank you generous neighbors!

A big thank you to all the Village residents who donated canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Conversation

7 p.m.: Movie: Pep-

permint







Club picks up eyeglasses and frames

from the Village Center. The glasses

particularly in developing countries.

are then cleaned, disinfected and distributed to the less fortunate,